

Course Information Sheet for: Psychology

Living with other people; the Individual in Society.

What is this course about?

Sometimes maintaining one's individuality while living with others, whether in the family or the wider community, can be challenging. Social psychology explores the links between the individual and society by examining a number of issues we all face living with others:

- *Norms & social influence*; pressures to conform are all around: to think right, speak right, dress right, etc. How important are social norms & why do some conform more than others;
- *Dominance power, and obedience*; the natural world is full of 'dominance hierarchies', just like homo sapiens. How do we find our place in the dominance hierarchy & learn to obey those in positions of power. Why do some of us disobey?
- *Helping and altruism*; when & why do we help others? Is there such a thing as genuine selflessness, or is all helping behaviour just an aspect of our survival instinct?
- *Keeping face and our true selves*; sometimes there's so much emphasis on 'looking good' that we can lose touch with our true selves. Why do we bother?
- *Influence & persuasion*; we generally like people to agree with us & others like to persuade us in all sorts of ways: to do things, buy things, or think like us. What is the 'art of persuasion' & what constitutes effective persuasion?

Tutor: Jonathan Smith

Date: 8th – 10th November 2019

What do I need to bring?

Just your curiosity, plus a notebook and something to write with

What experience do I need to get onto this course?

None; all are welcome

What will I have achieved by the end of the course?

Debden House Centre
Debden Green
Loughton
Essex IG10 2NZ

T +44 (0) 20 8508 3008
E debden.house@newham.gov.uk

An understanding of how we cope living in a complex society; an appreciation of the pressures we are under and how we can learn to cope constructively with them

What's included in the weekend residential?

- All tuition.
- All meals from Friday Dinner to Sunday lunch. Vegetarian options are always available. If you have any special dietary needs please inform us on enrolment.
- Morning and afternoon refreshments throughout the course.
- Two nights shared occupancy accommodation. Single rooms may be available at a small surcharge, please enquire when booking.
- Access to wifi.
- Free parking subject to availability.
- Use of the beautiful grounds at Debden House.

Length of the course:

It is a weekend residential course, Friday evening to Sunday pm.

Course fee:

Please apply to Debden House for details. You may be entitled to a concession if you are a Newham resident. Proof of resident status must be produced at the time of enrolment.

Debden House Centre
Debden Green
Loughton
Essex IG10 2NZ

T +44 (0) 20 8508 3008
E debden.house@newham.gov.uk